

50/50 Workout

Intermediate Cardio and Strength:
First, warm-up for 5-10 min. Next, do 30 sec. of squats and 30 sec. of squat jumps. Complete 2-4 rounds of the two exercises (2-4 min.). Rest for 1 min. and then move on to the next pair of exercises. Finish with a cool-down and stretching.

1. Squats and squat jumps
2. Push-ups and burpees
3. Alternating lunges and lunge hops
4. Forearm plank and mountain climbers
5. Wide squats and wide squat jacks
6. Alternating side planks and sit-throughs

*** You are exercising at your own risk. Consult with your doctor before beginning any new exercise.**

For more information
www.ShakopeeMN.gov/communitycenter

